

MORO

Variations



The Moro Reflex can be done sitting on a chair or swiss ball depending on the ability of the child.

If the child is unable to perform the movements independently, caregivers may be able to have child sit on their lap/chair and perform the movements for them until they are able to do them independently.

You can also make the exercise more creative by handing them toys when arms are outstretched for them to put in a box which is situated on the floor, and vice versa.



Remember to cross arms and legs to opposite side each time you repeat the exercise.



Repeat x 10
Twice Daily

Practitioners Advise: